



21st CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

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With rapid increase in stress, anxiety and various other health issues worldwide, there is an urgent need for effective solutions. Dr. Reetu Verma explores a potential solution: "Could it be our heart?"

The heart is not only a vital organ for sustaining life but also a cornerstone of overall well-being. While it is well-known that lifestyle factors such as nutrition, exercise, sleep, stress and loneliness significantly impact our health and well-being, emotions also play a crucial role. This session focuses on the emotions that originate from the heart, exploring their connection to heart health and overall well-being.

Modern research indicates that the heart is more than just a physical organ that pumps blood. It has its own complex nervous system, often referred to as the "heart-brain," which communicates with the brain and influences our emotions and cognitive functions.

Positive emotions can greatly improve heart health and overall well-being, whereas negative emotions such as chronic stress and anxiety can have detrimental effects on our well-being.

Ancient wisdom suggests that the heart is the seat of the soul and the core of our being, providing life force energy to the body. Traditional practices view the heart as the cornerstone of holistic health. For example, in Ayurveda, the heart is seen as the home of both emotional and spiritual well-being, crucial for maintaining balance and harmony. Similarly, traditional Chinese medicine considers the heart as the emperor of the body, an important organ, governing both physical and mental health.

This session aims to bridge the gap between modern scientific understanding and ancient wisdom, highlighting how a holistic approach which includes heart health can enhance overall well-being. By integrating lifestyle changes, emotional regulation, and spiritual practices, we can cultivate a deeper connection with our hearts, resulting in better health and improved quality of life.

HEART AND HEALTH CONNECTION FOR WELL- BEING

Dr Reetu Verma

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Transformational Life Coach
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Biography

Dr. Reetu Verma, founder of Healing Health Happiness, is a senior lecturer and transformational life coach committed to promoting health and well-being. Her mission is to empower individuals globally, helping them heal to achieve greater health and happiness. Healing Health Happiness envisions a world where people live in harmony with each other and the environment. By guiding individuals on their healing and transformational journeys, they aim to create a positive ripple effect that benefits families, communities, and the world. They believe that each healed, healthy, and happy person contributes to a healthier, happier planet.